

# School Lunch Display

## **Activity Goal:**

Inform students on the physical activity needed to burn a certain amount of calories; food label information; and the new food guide pyramid.

## **Activity Description:**

Create a tri-fold display to display during the lunch hour. Be willing to answer questions of those that view your display.

## **Planning Guide for School Lunch Display:**

Task Description	Lead Time	Completion Date	Person(s) Responsible
* Ask for Permission	1 month		You
* Get an assigned date to display your tri-fold. * Ask for a table in the cafeteria to set display on	3 weeks in advance		You
* Create your tri-fold <ul style="list-style-type: none"><li>See next page for more info</li></ul>	2 weeks in advance		You
* Double check that everything is still lined up <ul style="list-style-type: none"><li>Talk to person who is getting you the table</li><li>Talk to the foodservice staff to remind them you will be setting up your display in 2 days</li></ul>	2 days before		You
* Set up your display – be available to answer questions	Day Of		You

## **In Depth:**

1. Obtain permission from your food service director or person whom is in charge of the cafeteria to have a display during the lunch hour and set up a date.
2. Once you have permission ask about reserving a table to set your display on from maintenance or custodial staff.
3. Buy a tri-fold (one with a colored background is recommended – a picture example has been provided to you) and whatever else you believe is necessary to create your tri-fold (keep your receipts for reimbursement!).
4. On the left side include information of food labels. There are wonderful websites available to you including
  - <http://www.cfsan.fda.gov/~dms/foodlab.html#seeimage2>
5. In the center include information on activity equivalents (how much time you have to spend while being sedentary (video games, watching TV, reading, sitting quietly) vs. being moderately active (riding a bike 10mph, rollerblading, etc) vs. being very active (competitive tennis, soccer, basketball, running) to burn off a certain amount of calories.
  - Look up the calories in common foods consumed in the lunch room (look at what is sold ala carte).  
A person who is **sedentary** burns **78** calories per hour.  
A person who is **moderately active** burns **385** calories per hour.  
A person is **very active** burns **648** calories per hour.

\*Above numbers are based on a 140 pound individual\*

\*<http://k2.kirtland.cc.mi.us/~balbachl/calorie.htm>\*

The equation to use to find out how many calories are burned is to take the calories in the food item, divide them by the calories burned per hour and multiply that number by 60 to give you the minutes. For example:

- The King Sized Snickers has 510 calories in it. So for the equation looks like this:
    - (Sedentary)  $510 / 78 = 6.54$      $6.54 * 60 = 393$  minutes
    - (Moderately Active)  $510 / 385 = 1.33$      $1.33 * 60 = 80$  minutes
    - (Very Active)  $510 / 648 = 0.79$      $0.79 * 60 = 48$  minutes
6. On the right side you may chose to add information from the new food guide pyramid found at [www.mypyramid.gov](http://www.mypyramid.gov)

## HOW TO READ A FOOD LABEL



1. The Serving Size

2. Calories

3. The Nutrient Amount

4. The % Daily Value

5. The % Daily Value

6. The % Daily Value

7. The % Daily Value

# PHYSICAL EQUIVALENTS

HOW LONG DO I HAVE TO WORK TO BURN THOSE EXTRA CALORIES?



274 MIN.



101 MIN.



50 MIN.



158 MIN.

57 MIN.

28 MIN.



300 MIN.

112 MIN.

55 MIN.



48 MIN.

18 MIN.

9 MIN.



186 MIN.

62 MIN.

31 MIN.

## NEW FOOD GUIDE PYRAMID



BASED ON 2,000 CALORIE DIET

Grains	Vegetables	Fruits	Dairy	Protein	Fats, Oils, and Sweets
6-8 oz	3-5 cups	2-4 cups	3 cups	5-7 oz	Less than 65g

WEIGH YOUR FOOD & PHYSICAL PROGRESS FOR UP TO ONE THERAPY

CUSTOMIZE IT FOR YOU!